1. A punctum plug which is more easily visualized when positioned within a punctual canal, the plug comprising:

a body having an outwardly exposed surface when so positioned; and

a substance causing at least the outwardly exposed surface to contrast with surrounding tissue, such that the use of the substance causes the plug to be more easily visualized than if the substance were not present.

2. The punctum plug of claim 1, wherein the substance is disposed on the outwardly exposed surface.

3. The punctum plug of claim 1, wherein the substance is disposed within the plug body.

4. The punctum plug of claim 1, wherein the substance includes an organic or inorganic phosphor, a fluorescent material, reflective beads, quantum dots, a dye or pigment that contrasts with surrounding tissue.

5. The punctum plug of claim 1, wherein the plug is illuminated with light at an illumination wavelength, and wherein the substance generates radiated light at a wavelength other than the illumination wavelength.

6. The punctum plug of claim 5, wherein the illumination wavelength is in

the violet or ultraviolet portion of the spectrum.

7. The punctum plug of claim 5, wherein the radiated light is in the visible spectrum.

8. The punctum plug of claim 5, wherein the radiated light is outside the visible spectrum, the invention further including a detector for detecting the radiated light.

9. A system for determining whether or not a punctum plug is positioned within the punctal canal of a person's eye, the system comprising:

the punctum plug of claim 1; and

at least one optical element permitting the eye to view itself, to be viewed by the other eye, or by a second person.

10. The system of claim 9, wherein the optical element includes a source of light at one or more illumination wavelengths causing the plug to reflect or re-radiate light.

11. The system of claim 10, wherein the light which is reflected or re-radiated by the plug occurs at one or more wavelengths which are different from the illumination wavelength or wavelengths.

12. The system of claim 11, further including a filter to block or separate the reflected or re-radiated wavelength(s) from the illumination wavelength(s).

13. The system of claim 11, further including a detector to detect the reflected or re-radiated wavelength(s).

14. The system of claim 9, wherein the optical element includes a magnifier.

15. The system of claim 9, wherein the optical element includes a beam splitter or mirror permitting the eye to view itself or to be viewed by the other eye, or by a second person.

16. Apparatus for viewing a punctum plug illuminated by a source of light in a person's eye, comprising:

a lens for magnifying the image of the punctum plug;

at least one light redirecting element for presenting the magnified image of the plug to an eye of an observer; and

one or more optical element for blocking the light from the source of light from reaching the observer's eye.

17. The apparatus of claim 16, including a plurality of light redirecting

elements enabling the person to view the eye containing the plug by the person's other eye.

18. The apparatus of claim 16, wherein the light redirecting element enables a person other than the person wearing the plug to view the plug.

19. The apparatus of claim 16, wherein the light redirecting element enables the person wearing the plug to view the plug with the person's other eye.

20. The apparatus of claim 16, wherein:

the light redirecting element is switchable between a first position, such that a person other than the person wearing the plug is able to view the plug; and

a first position, such that the person wearing the plug is able to view the plug with the person's other eye.

21. The apparatus of claim 16, wherein:

the plug radiates light at a wavelength other than the one used for illumination; and

the optical element for blocking the light from the source includes a wavelength-selective filter.